

Courses Offerings

The Choice Is Yours!

PCC offers two options for becoming a Certified Pilates Instructor:

A La Carte Classes

You sign up for ONE ASPECT OF INSTRUCTION AT A TIME

Comprehensive Programs

WHEN YOU SIGN UP FOR A COMPREHENSIVE PROGRAM, YOU RECEIVE A DISCOUNT.

Comprehensive Programs

* YOU CAN REGISTER AND PAY FOR MAT LEVEL I AND II AT LEAST ONE MONTH IN ADVANCE FOR \$980 (A SAVINGS OF \$40!).

Mat Level 1

MAT LEVEL I IS A PREREQUISITE FOR ALL OTHER CLASSES.

Tuition: \$520

PROGRAM LENGTH: THREE-DAY WEEKEND INTENSIVE WORKSHOP

HOURS OF INSTRUCTIONAL TIME: 20

PREREQUISITES: STUDYING AND PRACTICING HEALTHY TO THE CORE LEVEL 1; SHOWING PROOF THAT YOU HAVE ATTENDED A PILATES MAT CLASS

BOOKS/MATERIALS NEEDED: PCC WILL PROVIDE AT THE WORKSHOP

UPON SATISFACTORY COMPLETION, YOU WILL BE QUALIFIED TO: TEACH A LEVEL I AND II CLASS

You will learn the following about the basic exercises of the Pilates method:

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| * THE NAMES OF THE EXERCISES | * ANATOMICAL POSITIONS |
| * HOW TO PERFORM THE EXERCISES | * PROPER PILATES BREATHING |
| * WHAT THE EXERCISE IS ACCOMPLISHING/GOAL OF THE EXERCISE | * VERBAL AND TACTILE CUEING |
| * BENEFIT OF EACH EXERCISE | * PROPER FORM |
| * CONTRAINDICATIONS | * ANATOMY |